

Healthy Eating for the Holidays

As you plan your shopping list for this much-anticipated holiday meal, look for ingredients that will make family favorite recipes not only tasty but good for you, too.

Pack your shopping cart with plenty of fresh vegetables like potatoes, both white and sweet, winter squash, broccoli, carrots and green beans. Apples, cranberries and pears combine easily for a tasty salad, fruit crisp or topping for the turkey. Use whole-grain bread and wild rice for the stuffing or as a side dish.

- For dips, sauces and pie toppings, use non-fat yogurt or fat-free sour cream. Non-fat yogurt works best in dishes that don't require heating.
- Use egg substitutes in place of whole eggs
- Try evaporated skim milk instead of whole milk
- Use low-sodium, fat-free chicken broth in your mashed potatoes
- Top casseroles with almonds instead of fried onion rings
- Check cookbooks and cooking magazines for updated health-conscious versions of your family's favorite holiday recipes.

To enjoy your meal and prevent overindulgence, eat slowly, savor each bite and engage in mealtime conversations. Take time to eat slowly, allowing your stomach to get full. The football games on TV can wait!

Also, don't forget to engage in regular physical activity throughout the holiday season, and beyond. Get the entire family involved – walk, bike, play a game of catch, rollerblade or golf. Good physical activity habits can teach kids that family exercise is as important as family meals.

Holiday meals can be healthy meals

The holiday season may bring visions of candy, cookies and chocolate, but some traditional holiday foods can leave you guilt-free.

Nuts, dates, figs and dried fruit are popular holiday treats and can provide significant health benefits, too. Nuts are a source of fat but most nuts have mostly unsaturated fat, making them healthier choices. Serve nuts as snacks like pecans, walnuts, almonds and peanuts in casseroles and salads or in cookies and cakes.

Dried fruit, especially cherries, cranberries and apricots, are rich in phytochemicals—plant compounds that aid in the prevention of heart disease and several forms of cancer. Some phytochemicals may also enhance memory and eyesight.

Add, more fruits and vegetables to your diet helps control portion sizes and calorie intake during the holidays.

For more information visit: www.eatright.org at the American Dietetic Association

Holiday treats can fit into a healthy eating plan

Sweet treats, including cookies and cakes, are on many people's minds and tables during the holidays. With increased focus on trans fats, the process of hydrogenation that makes liquid oils into solid fats, you may be wondering how you can enjoy these holiday goodies.

You can substitute traditional baking ingredients with healthier options to help lower trans fat intake.

- Go easy on foods with "hydrogenated" or "partially hydrogenated oils"
- Switch to oils or trans fat-free margarines
- Add healthy ingredients to cake or cookie batters, like raisins or toasted nuts instead of chocolate chips
- Choose products that are trans fat-free.

In addition to limiting trans fat intake, think about cutting back on total fat by using fruit purees or yogurt in place of butter or other spreads.

No matter what changes you make in your holiday recipes to help reduce total fat intake, change slowly and substitute one ingredient at a time.

For more information on good nutrition click on any of the DHSS links under:

Nutrition & Food

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[Child and Adult Food Program \(CACFP\)](#)

[Commodity Supplemental Food Program \(CSFP\)](#)

[Breastfeeding](#)

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